



Growing Healthy Kids Columbus Coalition

____ Steering Committee

____ X Full Coalition

Date: March 25, 2014 Time: 10:00 am – 11:30 am

Location: Columbus Public Health
Meeting Room 119C
240 Parsons Ave.
Columbus, Ohio 43215

Facilitators: Cheryl Graffagnino, Columbus Public Health
Jamie Turner, Columbus Public Health

Attendees:

Christie Nohle (Franklin Park Conservatory), Molly Kayser (BGSU-Kroger), Elaine Tran (CPH), Evelyn Koski (CPH), Lakitsha Johnson (CPH-Project Love), Laura Wolles (CHA), Shelby Sutphen (CHA), Carolyn Bernard (CCS), Amber Jones (CPH), Bobbi Shannon (YMCA), Scott Ulrich (CPH), Mark Miller (Franklin Park Conservatory), Debra Hall (YMCA Headstart), Katy Keogh (Kroger), Carol Smathers (OSU Extension), Hannah Leffler (CPH), Molly Stout (CPH), Kate Whitman (Mt. Carmel), Clare Fagerholm (CPH-SNT), Betsy Loeb (Action for Children),

Meeting at-a-glance:

- Program Updates
- Franklin Park Harvest Program
- HCHW Stand Alone Messages
- WFFT nPlan
- Hour a Day to Play Discussion

Meeting Outcomes and Action Steps Identified:

- 12 HCHW Key Message Stand Alone Kits introduced
 - Talking points from binders in each kit will be posted online.
- WFFT progress in Columbus reviewed
- Hour a Day for Play Toolkit wish list solidified and work will be done to complete by next meeting.
- HCHW will try to reach out to nPLAN to get them to speak at a future coalition meeting.

Announcements

- Franklin Park Let's G.O. (Get Outside) event is on Friday April 25th from 4:30pm-8:30pm
- Hour a Day to Play baseline survey will be sent out next month, please fill it out!
- Carol Smathers has been named a co-chair of the GHKC Coalition.

Next Steps:

- Next meeting: **April 29, 2014 10:00am -11:30am** at Columbus Public Health, Room 119C.

Agenda Item 1: Program Updates

<i>Partner/Organization</i>	<i>Supporting Breastfeeding</i>	<i>Supporting Physical Activity</i>	<i>Supporting Healthy Eating</i>	<i>Increasing Screening and Referral</i>	<i>Other</i>
Evelyn (CPH)	-	- Made stand-alone kits for each HCHW key message.	-	-	-
Carol (OSU Extension)	-	- Working on a baseline survey for Hour a Day to Play. Should be sent out before next month's meeting.	-	-	-
Carolyn (CCS)	-	- Provided healthy snack at kindergarten transition meeting that parents could take home/replicate (yogurt parfait).	-	- Contacting families with students who are 85 percentile BMI and above and referring them to PA and nutrition resources.	-
Bobbi (YMCA)	- Breastfeeding friendly policy to be established on 4/1	- Policy is approved and ready to put in child care handbooks?? - Working on putting in natural play scape playgrounds. - Parent planting day with kids coming up on 4/14. - Natural Playscapes at to be built at 2 sites	-	- Talked with legislators about the difficulties of serving healthy meals with the food service rules. -	-



Molly (CHC)	-	<ul style="list-style-type: none"> - Katie Stone is working with community groups and faith based organizations to spread healthy messaging to wider age groups beyond 0-5. Want to start offering technical assistance. - Working with UWCO to expand the healthy corner store initiative. 	- HCHW key messages being expanded for all ages.	-
Katy (Kroger)	-	<ul style="list-style-type: none"> - Signage and brochures advertising MyPlate are in stores ready for people to take. - Created a “Dieticians Choice” shelf tag to put on foods that are healthier. Some stores have the shelf tags and others do not. If you see stores that don’t have them, tell Katy. - Doing grocery store tours and MyPlate education but want to expand. Some community groups are already offering tours but Kroger wants to connect with them. - Kroger is also open to hosting events in their stores. 	<ul style="list-style-type: none"> - Dieticians Choice tag on food. - Kroger is looking to support other grocery store and other community events. 	-
Shelby (CHA)	-	<ul style="list-style-type: none"> - CHA has some of the Kroger MyPlate materials, so they are getting out in the community. - CHA will be doing parent education classes at YMCA Head Starts. Presentation will be based on HCHW. - CHA has assembled 1400 nutrition/wellness kits to distribute statewide. Kits have Two Bite Club books, USDA nutrition and wellness guide. 	-	-



		<ul style="list-style-type: none"> - CHA providers are trained on how to help home care providers implement the kits. 			
Scott (CPH-Healthy Places)	-	<ul style="list-style-type: none"> - Safe Routes to School HIA continues. Parent survey sent out that will provide information on parent perceptions of safety and encouraging walking. - Walk audits being scheduled at 15 priority schools. 	-	-	<ul style="list-style-type: none"> - Healthy Places is applying for the CDC Healthy Community Design grant for built environment changes. Ideas or proposals already underway are welcome.
Michael Bramlish (Nationwide Children's)	-	<ul style="list-style-type: none"> - Highlights community resources for PA and nutrition through childhood obesity network. Healthy recipes available. Michael wants to learn about more resources to spread to families. 		<ul style="list-style-type: none"> - Nationwide sits on the Primary Care Obesity Prevention Network and is looking for resources to have primary care doctors promote 	-
Christie Nohle (Franklin Park Conservatory)	-	-	<ul style="list-style-type: none"> - Will be sharing about Health Harvest Program later in the meeting. - Sent in EBT application so that EBT should be accepted at the FPC 	-	-



			farmer's markets this summer. - FPC is a part of a consortium working on getting EBT Double Bucks.		
Mark Miller (FPC)	-	-		- Want to locate child care centers near community gardens to get kids gardening in them and educating kids on where food comes from.	-
Kate (Mt. Carmel)	-	-	Promoted gardening in monthly newsletter. Held a class for faith based organizations on health topics and had 25 participants and brought in 18 non-profits to share their expertise on various health areas.	- Congregational Health Promoters training held at Mt. Carmel	-
Betsy (Action for Children)	-	-	Working with Katie Stone to get healthier vending. Having a Community of Learners for child care providers through the Aetna grant. Currently 30 participants signed up.	- Community of Learners trainings starting.	-
Clare (CPH-SNT)	-	-		- Attending a Spring Break Camp and would like to spread healthy messaging.	-
Cheryl/Jamie (CPH-HCHW)	-	-	Trained 20 new volunteers for the Family Engagement Program (Speaker's Bureau). Many event requests and need to fill volunteer spots. Reminder that all trained volunteers have access to the	- 22 volunteers trained on Family Engagement	-



		following materials: Growing Healthy Kids powerpoint, Healthy Fair Kit, Action Kit. - Will start adding coalition partners to the Family Engagement Listserv	Project.	
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Agenda Item 2: Franklin Park Healthy Harvest Program – Christie Nohle

Christie gave an overview of the FPC Healthy Harvest Program and passed around flyers

- Free 8 week program Thursday evenings 6-8pm from 7/10/14 – 9/4/14
 - Capacity: 24 people (kids can come too).
 - Geared toward low-income families with a child 0-5 want 43203-43205 but not mandatory.
- Families will be getting fresh produce from the Community Garden Campus at each session which is enough to last roughly a week.
 - Recipes provided to go with the produce provided each week.
- What Christie wants from the coalition:
 - Help with recruitment. The goal is to have entire families come so that activities can be done with parents and children together.
 - Information about different health topics
 - Coalition members can send their listservs to Christie so she can advertise the program
 - Christie will promote the program at Action for Children's Community of Learners.
- Feedback on the Health Harvest Program flyer:
 - Needs to be a quicker read and more visual.
 - Have the criteria for the program clear so that people can self select
 - Need a FAQ for what might happen if they miss one session.
 - Emphasize that families get a free membership to the conservatory with program for whole year and discount on future classes.
 - Make sure they know the benefits of attending all sessions.
 - Make it more clear that they must attend all 8 sessions
 - Or it could just be 7/8? Some coalition members think that allowing people to miss just one session could allow for better flexibility.
 - If you miss more than one, you won't get the membership
- Goals:
 - Empower families to get more produce. Double Bucks.
 - Get more children exposed to gardening and give them ideas on how to grow produce in limited spaces.
 - In the past, kids got to grow lettuce.
 - Many studies of children who grow their own veggies will eat them.
- Talked about an hour a day to play. Holistic approach centered around produce.

Agenda Item 3: HCHW 12 Key Message Stand Alone Kits

Evelyn, a HCHW intern, presented her project of creating individual health fair kits for each of the 12 HCHW key messages.

- Contents of each kit:
 - Binder with talking points, activity ideas and directions on how to use each resource.
 - Script on how to present each message along with discussion questions to engage audience.
 - Recipe or activity cards to give away depending on what the message is
- Kits can be implemented by anyone and will be piloted by Community Development for All People
- These resources will be reserved for our partners to present throughout the community.
 - The kits can be used in a health fair setting, at a child care center during pick up/drop off, parent engagement.
 - Kits will have to be picked up and dropped off by partners due to the number of kits we have.
 - Still deciding on how to best lend out the kit to partners.



- Send out individually? As a full set? Or a few at a time?
 - Contact Cheryl if you're interested in using the kits.
- Suggestions on how to use and disseminate kits:
 - Put the contents of each binder online for public access.
 - List what is in each kit along with a blurb to introduce each kit.
 - Have a suggested calendar for how to present the kits in a sequence.

Agenda Item 4: Water First for Thirst Progress in Columbus

Elaine, from HCHW, presented the progress Columbus has made so far on WFFT/SSB based on the 10 strategies of the SSB Playbook from nPLAN.

- It was clarified that nPLAN is a policy think tank and stands for National Policy and Legal Analysis Network.
- WFFT was presented at the Leave No Child Inside Summit locally
- Cheryl will be presenting it at the Center for Science in the Public Interest, the group that created the "Real Bears" video.
- WFFT will also be presented at the April NAACHO Core Cities conference.
 - Columbus has done a lot of work for public awareness for WFFT/SSB while other cities in the core cities have made more strides on the policy side.
- Columbus City Schools has water only vending.
 - Teachers still allowed to drink soda but only in teacher's lounges.
- CPH and Nationwide only sell diet soda.
- There are more opportunities for the coalition to make strides in strategies 6-10 of the nPLAN which is more policy focused.
 - Other cities have tried this through City Ordinances but have been unsuccessful. Columbus might not be there yet and will have to rely more on voluntary efforts to change the environment.

Reactions to the SSB Playbook

- Action for Children thinks the playbook is helpful when trying to change their own vending.

Next Steps

- Children 2-5 still get plenty of access to SSBs according to the parent survey.
- Steering Committee is in the process of creating a WFFT Technical Assistance model to help other coalition members get SSB/WFFT policies.
- Make WFFT Key message kit more visual with examples of the amounts of sugar in different sodas.

Carol Smathers is now a co-chair of the GHKC Coalition.

Agenda Item 5: An Hour a Day to Play Discussion

An Hour a Day for Play Toolkit Wish List Progress

- Assessment tool
 - Being worked on by Carol and the PRC and should be sent out by the next coalition meeting.
- Social Media
 - No sample tweets or facebook posts made yet.
 - #Houraday could be used to coalition partners to get more social media buzz around physical activity.
 - Social media was not utilized as much as it could have been last year.
- Parent handouts



- Already have handouts through HCHW. PRC might be making some too.
- Reporting out at the end of meetings
 - We can start doing that at future meetings.
- PowerPoint with stats
 - Yet to be made
- Poster
 - Already made through HCHW. If coalition members have their own posters promoting physical activity/An Hour a Day to Play, please share!
 - Mt. Carmel has already been packaging the posters and handing them out.
- Links to Get Active Columbus, Hundred Ways to Play, Rec and Parks program search.
 - We still need to send this out.

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Opportunities to make resources:

- Pricing and vendor info for incentives
- Frisbee of other PA equipment
 - CHA would be interested in ordering frisbees or other incentives with other organizations.
- Graphics or other materials available online
- Monthly Email
- Hands-on materials to present at health fairs and other tabling events

Other Ideas:

- Interactive material such as a checklist of how to get active, set goals and take action. The key here being materials that inspire action.
- Calendar with a different activity each day that parents can print off and use.
 - Nourish Interactive may have a calendar.
 - Head Start Body Start has a calendar at aahperd.org
 - Shelby (CHA), Betsy (AfC) and Carolyn (CCS) have committed to looking up a physical activity calendar for next month.
- Carolyn (CCS) has made PA kits
 - Mesh bags containing yoga pretzels, scarves, mats, CDs, etc...)